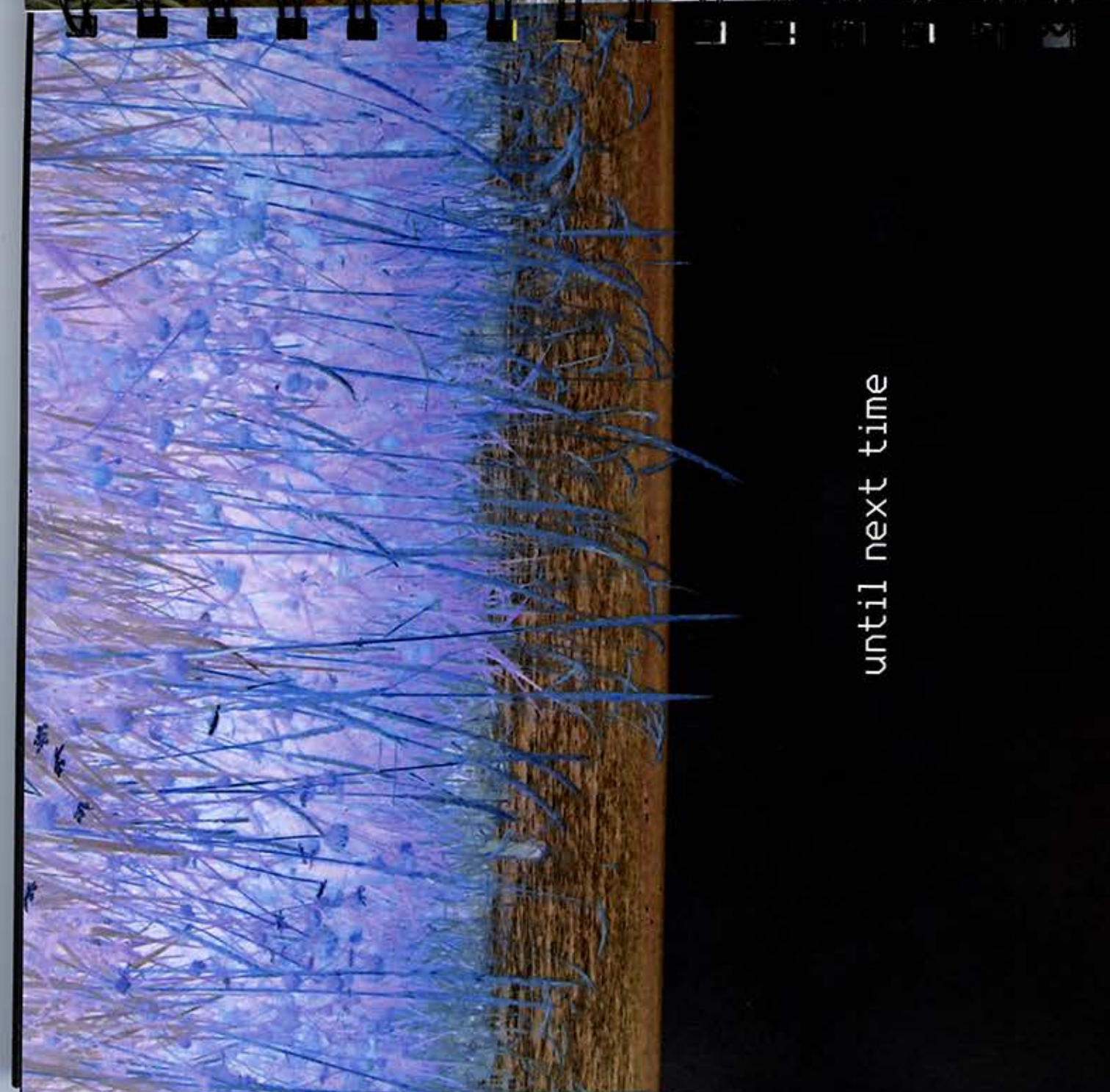




how to assimilate

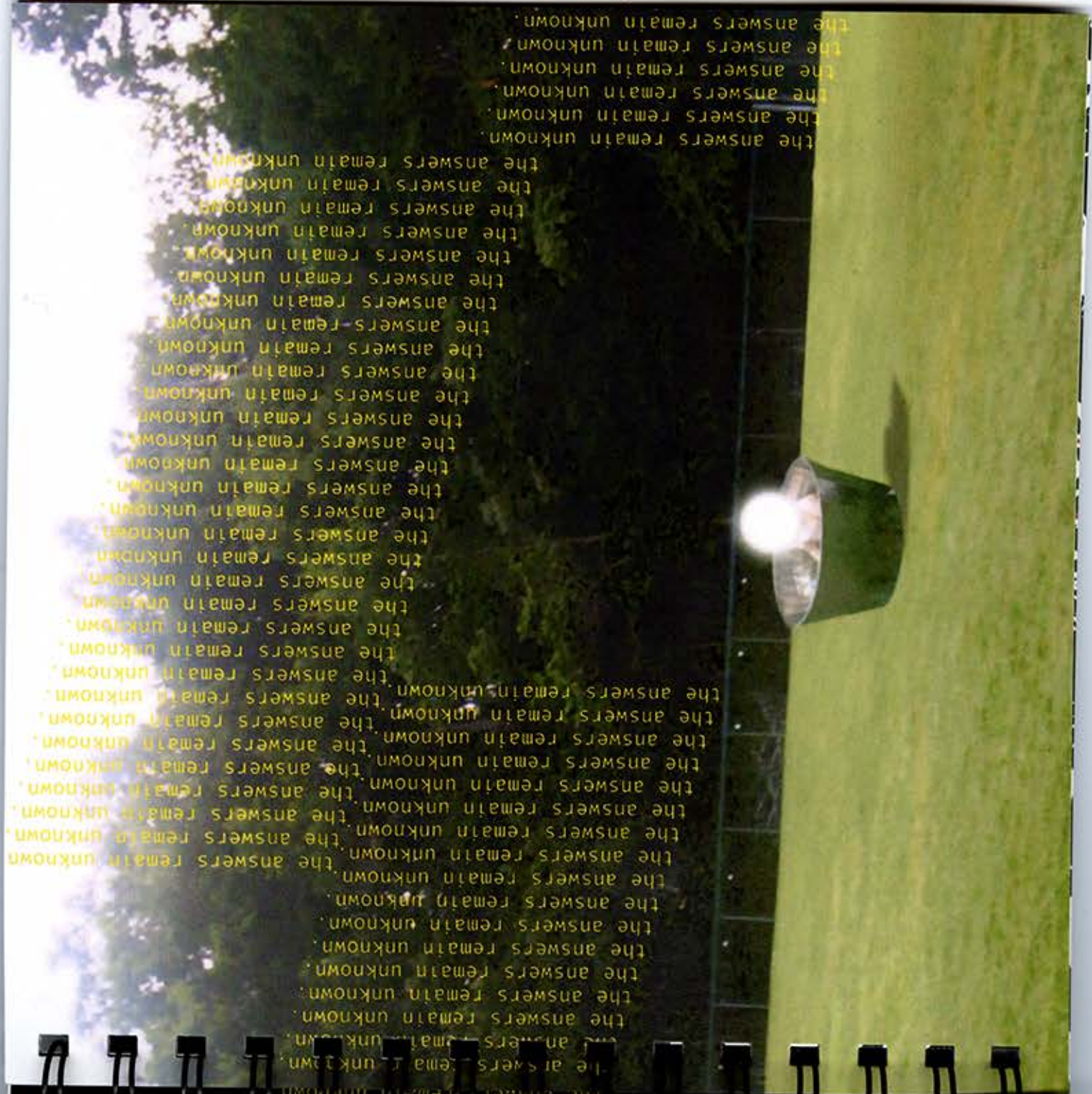
izzy lima



until next time



ask yourself the following questions:

[illegible]



## [2] CORRELATION

toggle which option below best describes your mood.



excellent  
excellent  
excellent  
excellent  
excellent  
excellent

choice  
choice  
choice  
choice



### [3] ASSESSMENT

do you remember when it happened?  
you know, the **HAPPENING**.

HAPPENING.

HAPPENING:

## HAPPENING:

# HAPPENING.

# HAPPENING.

# HAPPENING.

```
..''2'2'2'',[[[]]44\\5\\5\\5\\5  
5544444!i>>>"}}{#{#^11111)))*  
#$!{"":_(&)(%^)#!i@#::<<>  
...&:{ }^333&%^#!**#${{}}":_  
1)})***775544444!i>>>"  
!@#::<<>&&%^#!**#${{}^  
3&%^#!**#$9%~@9&****&:  
444!i>>>"&&%^#!**#${{}}
```

[illegible]

what is this?



A. sunday dinner

## B. vacation

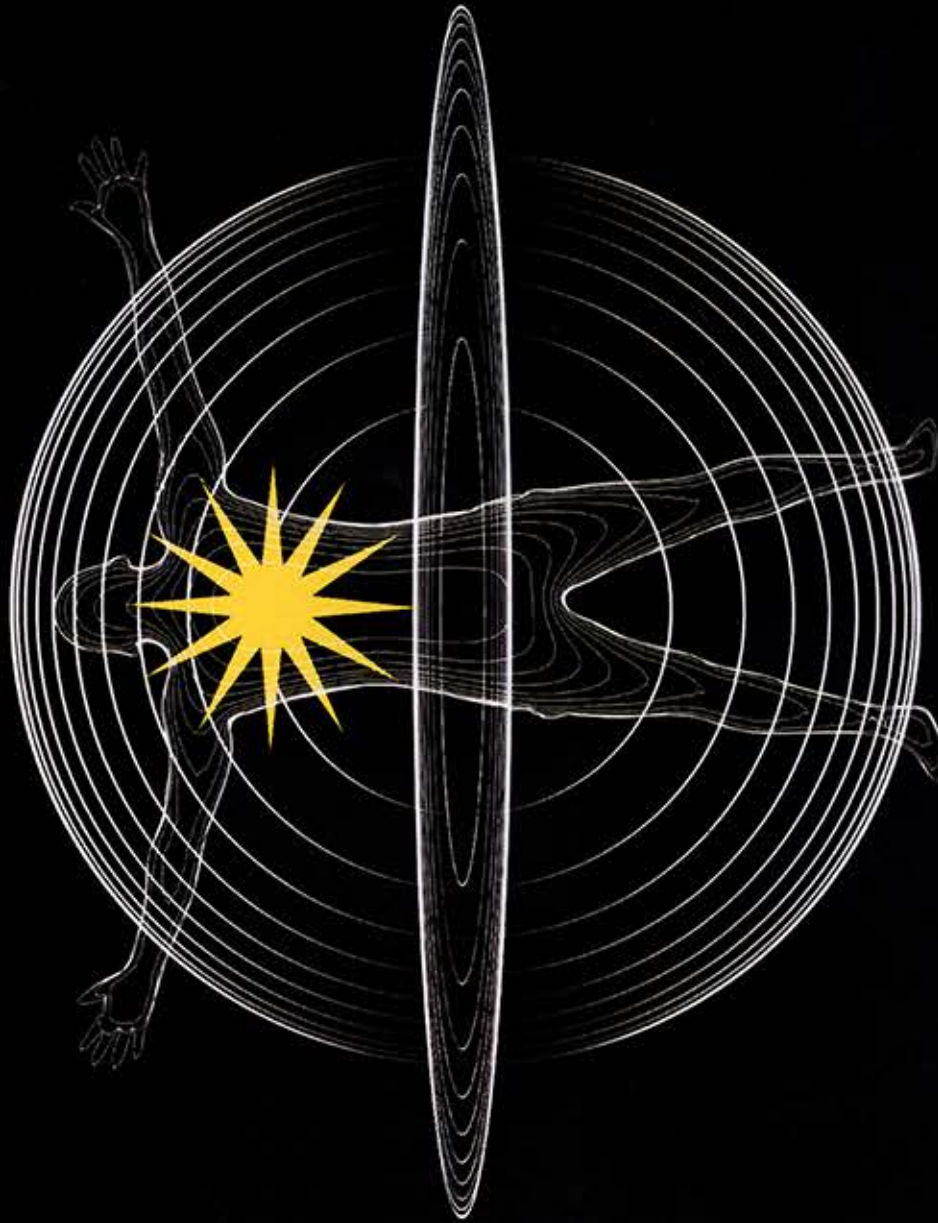
C. a gift

၂.၇ ရာခိုင်နှုန်း



## [4] GROUNDING

get a sense of your surroundings.



[reach around, do you feel anything familiar?]  
[does it smell like how it used to?]  
[what we see what we see?]

[I REMEMBER THAT SOUND]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

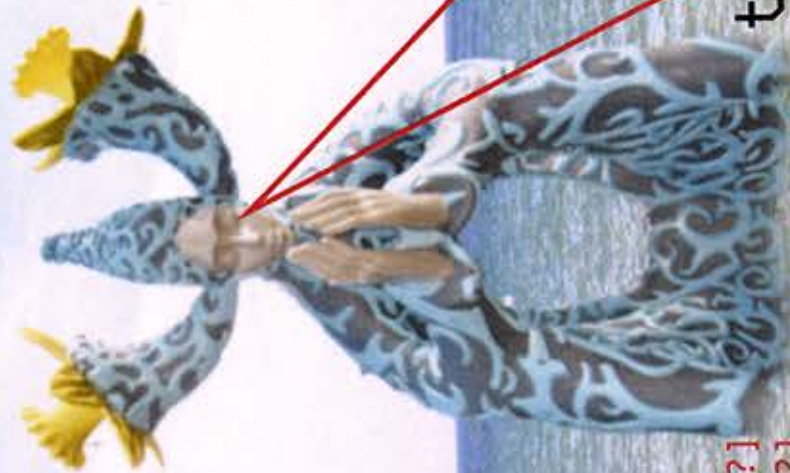
[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]

[what was that sound?]



taste---touch

sight

smell---hear

LOADING  
LOADING  
LOADING  
LOADING

please wait

















how to assimilate

izzy lima

